

Hendricks Regional Health YMCA – FAQs

GENERAL INFO

301 Satori Parkway
Avon, IN 46123

YMCA

(317) 273-9622
(317) 272-0939 fax
indymca.org

Facility

Mon.–Fri., 5 am–10 pm
Saturday, 7 am–7 pm
Sunday, 11 am–6 pm

Membership Services Desk

Mon.–Fri., 8 am–8 pm
Saturday, 9 am–4 pm
Sunday, noon–4 pm

**Closed Easter, Thanksgiving
and Christmas.*

Hendricks Regional Health Services at the YMCA

(317) 745-3627
hendricks.org

*Hours vary, see medical
services question*

DOCTORS

Avon Family Health

(317) 271-6363
avonfamilyhealth.com

Sports Medicine

(317) 718-4263
HRHsportsmed.com

MEDICAL SERVICES

Cardiac Rehabilitation

(317) 272-7950

Clinical Health Nurses

(317) 718-2956

Laboratory

(317) 718-8600

Nutrition Services

(317) 718-8542

Physical/Occupational Therapy

(317) 272-4186

Radiology

(317) 718-8600

Who can I talk to about medical services available in the YMCA?

Call (317) 745-3627 for general information about YMCA medical services and our doctors.

How do I use the medical services at the YMCA?

You don't have to be a YMCA member to use the medical services. We accept referrals from ANY doctor for lab tests, x-rays, physical therapy, cardiac rehab or nutrition counseling. The process to get started is simple. Appointments are not required for lab and x-ray, so you can just bring your doctor's order with you when you come. For other medical services, your doctor's office can just fax the order. If you don't have a referral and would like help arranging one, we are happy to assist you.

Cardiac Rehab

Weekdays 7 am–7 pm
Fax orders to (317) 745-8685.
Call (317) 745-3580 for referral help.

Clinical Health Management

By appointment (phone or in person)
No referral needed.
Call (317) 718-2956 to schedule.

Lab/X-Ray

Weekdays 8am–5pm (closed 12:30 to 1 pm)
Fax orders to (317) 272-7951.
Call (317) 718-8600 for questions.

Nutrition Services

Monday 11:30 am–8 pm
Tuesday 2–6 pm
Thursday 8:30 am–5 pm
Fax orders to (317) 272-7952.
Call (317) 718-8542 for referral help.

Physical/Occupational Therapy

Mon.–Thurs. 7:30 am–6:30 pm
Friday 7:30 am–5 pm
Fax orders to (317) 272-4190.
Call (317) 272-4186 for referral help.

What doctors are in the YMCA, and do they accept walk-ins?

Avon Family Health is on the second floor and includes four physicians specializing in family practice. You are welcome to stop by, and the office will make every effort to accommodate you that same day. Or, if an appointment is not available, staff will provide a new patient packet so that you can fill it out and have it ready when you come back for your appointment.

Hendricks Regional Health Sports Medicine includes Dr. Mark Booher, a physician specializing in sports medicine care and a member of our Motion360 team. Patients are seen by appointment only. However, if a patient has experienced an injury such as a fracture, they are often seen the same day.

Avon Family Medicine

Weekdays 7 am–7 pm
(317) 271-6363
avonfamilyhealth.com

Sports Medicine

Weekdays 8 am–5 pm
(317) 718-4263
HRHsportsmed.com

Can I still register for the hospital's health classes even if I am not a member?

Yes! You don't have to be a YMCA member to participate in the hospital's nutrition and wellness classes held at the YMCA.

And don't forget, the hospital also offers a variety of free or low-cost health and fitness opportunities at our Danville and Plainfield campuses. Go to hendricks.org/events to see a full listing of upcoming programs. Click on the class or program you are interested in, and the description will include the location, dates, times and other helpful information.

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Are the second-floor conference rooms available for community groups?

Not at this time, but plans are to provide availability in the future.

 **Hendricks
Regional Health**

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What does a clinical health nurse do, and who should sign up for clinical health management services?

Clinical health nurses are registered nurses that work with you to create a personal wellness plan – and give you support and accountability to help you succeed. Signing up for a consultation with a clinical health nurse is recommended if you have been diagnosed with high blood pressure, elevated cholesterol levels, or a chronic disease like diabetes. You also may benefit if your doctor has prescribed healthy lifestyle changes such as weight loss. Coaching sessions are about 30 minutes and can be done in person or even over the phone. A physician's order is not required. Call (317) 718-2956 to schedule. There is no cost for this service.

What childcare options are available?

Childcare is available for YMCA members, as well as for patients using medical services in the building who are not members. There are two options, depending on the age of your child. Child Watch is available for younger children (through kindergarten). Kids Zone is available for older children (kindergarten and up). Services are free for YMCA members. Hendricks Regional Health patients who are not members can use the service at a cost of \$3 per hour per child. Payment should be made at the membership desk. Cash, check and credit card are accepted.

YMCA members only: drop-off babysitting is available during Child Watch hours at \$5/hour per child, allowing you to leave the facility for up to 3 hours a day. You must purchase a punch card from the Member Services Desk to use this service.

Child Watch Hours

Mon.–Fri. 8:00 am–2 pm and 4–8 pm

Saturday 8:00 am–2 pm

Kids Zone Hours

Summer

Mon.–Fri. 9 am–1 pm and 5–8 pm

Saturday 8 am–2 pm

School Year

Mon.–Fri. 5–8 pm

Saturday 9 am–2pm

Are the outdoor trails open to the public?

The outdoor trails are a part of the Town of Avon park system and can be used by the public from dusk until dawn. Walking, running, and non-motorized vehicles are welcome. There are many trails ranging from 0.06 miles to 1.44 miles and the property perimeter trail totals 3.2 miles. Pets are permitted but must be leashed. Owners are responsible for cleaning up pet messes. Pet waste pick-up stations are available.

Can YMCA members use other Y facilities?

Your membership includes access to all of the YMCA's of Greater Indianapolis. Also, most facilities across the country participate in the AWAY program (Always Welcome at Any Y), which allows you to access their facility for free or a reduced rate.

Will the YMCA Before and After School Care programs move to the Y?

No, the YMCA Before and After School programs will remain at the schools.

Is the Silver Sneakers Program available?

It is not currently available at the Hendricks Regional Health YMCA. The contract will be re-evaluated by December 31, 2011 to determine if it will be added to the list of participating YMCA facilities next year.

When is the Subway located in the YMCA going to open?

Late 2011.

I am interested in renting retail space at the YMCA or purchasing land at Satori Pointe. Who do I contact?

Call Summit Realty Group at (317) 713-2100 or visit satoripointe.com.